

SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Bootcamp (Abby) 6:00-7:00am		Bootcamp (Abby) 6:00-7:00am		
7:00am		TRX (Abby) 7:00-8:00am				
8:00am	Fit4Life (Aria) 8:00-9:00am		Fit4Life (Aria) 8:00-9:00am			
9:00am	Aqua Fitness (Aria) 9:00-10:00am	Aqua Zumba (Teresa) 9:00-10:00am	Aqua Fitness (Maryia) 9:00-10:00am		Aqua Fitness (Teresa) 9:00-10:00am	Muscle Blast (Julie/Maryia) 9:00-10:00am
					TRX/HIIT (Abby) * 9:00-10:00am	
9:30am	Zumba (Teresa) 9:30-10:30am	Muscle Blast (Aria) 9:30-10:30am	Butt-N-Gutt (Aria) 9:30-10:30am	Muscle Blast (Julie) 9:30-10:30am	HighFitness (Chelsea) 9:30-10:30am	Yoga (Michelle/Sandy) 10:00-11:00am
11:30am	Yoga (Aria) 10:30-11:30am	Chair Yoga (Lisa) 10:30-11:30am	Yoga (Aria) 10:30-11:30am	HIIT & Flow (Kathy) 10:30-11:30am	Yoga Fusion (Lisa) 10:30-11:30am	
	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Aria) 1:00-2:00pm		Aqua Fitness (Aria) 1:00-2:00pm	Chair Fitness (Lisa) 1:00-2:00pm		
2:00pm						
3:00pm						
4:00pm		HighFitness (Chelsea) 4:00-5:00pm				
5:00pm	Step (Julie) 5:00-5:45pm		Total Body Reset (Marqie) 5:00-6:00pm			
	Muscle Blast (Julie) 5:45-6:45pm			Yoga/Pilates (Michelle) 5:30-6:30pm		
6:00pm	Aqua Fitness (Abby) 6:00-7:00pm	Yoga (Michelle) 6:00-7:00pm	Aqua Fitness (Abby) 6:00-7:00pm			
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED		

LEGEND

- Functional Training Studio
- Group Fitness Studio
- Pool
- Weight Rooms

*11/28 Thanksgiving Open 8-Noon w/Turkey Burner Workout 9-10:30am
 *11/29 open 8am Limited Classes
 *12/24 8am-noon No Classes
 *12/25 Closed
 *12/26 Open@ 8am Reg Classes
 *12/31 NYE Limited Classes



 @ClubStilly